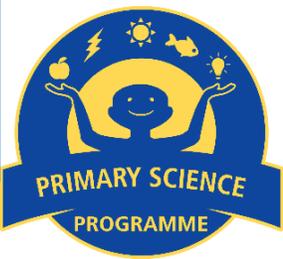


# RETURN TO SCHOOL WITH A 3 R STRATEGY

- Advice and strategies for teachers starting the 'New Normal' at school.
- Put these strategies in place before you attempt any serious teaching. This will prepare yourself and the children to be ready for learning.
- PSP wishes the teachers good health and fortitude in this time and know that you are now the most essential and valued workers.



1

# RECONNECT

**Establish your connection to each teacher and / or child.**

- Show that you understand they need a safe and caring environment to re-orientate to school, teaching and learning.
- Tune into their emotional needs and listen to what they say.
- Acknowledge their fears and encourage questions.
- Clarify all safety precautions and address misconceptions about the pandemic.
- Get children to draw how they feel, for example they can use a human outline and add a feeling to a class poster about **'How we feel today'**.



# REASSURE

**Always tell children the truth about the Covid-19. Remember that most people recover and we must celebrate that.**

- Reassure children that we can all adapt to the new things, like social distancing, keeping hands clean, wearing masks etc. Later it will get better.
- Teach children to protect themselves and others through no hugging, safe ways of greeting and finding safe games to play, etc.
- Always keep a positive attitude and encourage children to be positive as they are the most important people in the country.
- Everyday school rituals such as doing the register, routine class tasks and playtime help to calm emotions and provide children with a sense of continuity and stability.



# 3

## REORIENTATE

**Strengthening relationships between you and the children will lead to the successful resumption of effective schooling**

- Start every day with reconnecting with your children and reassuring them that you understand their emotions. This will establish a calm atmosphere in class.
- Be conscious of what your body language is telling children and remember the value of a friendly smile or a comforting word.
- Slowly you will build an emotional foundation to start focusing on teaching and children on learning once again.
- Always take time to explain to the children how the day will be organised and if changes do happen explain why things have been changed.
- Start every lesson with some calming games, a song, a story, poem or a fun set of exercises.

